**INSTRUCTIONS:** Using the chart below, please share details of the event, workshop, or meeting you attended.

Include as much information as possible: event title or meeting type, person or organization involved, date, time and location.

Select the category this event falls under. Please limit your selection to one category.

Rate the event on a scale of 1 (worst) to 5 (best) so we know whether to recommend it in the future.

Finally, sign your name to certify your attendance.

<table>
<thead>
<tr>
<th>Event Name/Title</th>
<th>Date/Time/Location</th>
<th>Category (circle one)</th>
<th>Event rating (1-5)</th>
<th>Signature</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 4-Year Academic Planning Appointment Advisor:</td>
<td></td>
<td>Leadership</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>Academic</td>
<td></td>
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<tr>
<td>3</td>
<td></td>
<td>Professional</td>
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<tr>
<td>4</td>
<td></td>
<td>Leadership</td>
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<tr>
<td>5</td>
<td></td>
<td>Academic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td>Professional</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

With my signature below, I certify that I have attended the six LEAP events listed above, including one from each of the three categories.

**Signature** ___________________________ **Date** ____________

**Official Use**

**Date received:** ____________ **Approved:** Yes No  **Reviewed by:** ___________________________
Leadership & Engagement

- Obtain a leadership position in a registered student organization or fraternity/sorority
- Take a leadership role on campus (ex: Blue Hen Ambassador, Peer Mentor, RA, Tutor, etc.)
- Participate in extra-curricular research
- Get an on-campus job (work study, volunteer or paid)
- Complete Tier 1 of the Blue Hen Leadership Program*

*This counts for two items

Academic Success

- Meet with an advisor (departmental or assigned) to create an up-to-date academic plan *****REQUIRED******
- Complete a workshop offered by the Office of Academic Enrichment
- Meet with the librarian related to your major to learn more about how to be an effective researcher
- Attend a workshop or appointment with the University Writing Center

Professional Development

- Complete a CashCourse workshop through Student Financial Services
- Make a career or major decisions counseling appointment with the Center for Counseling and Student Development
- Visit the Career Services Center for career advising appointment, resume/cover letter help or a mock interview,
- Attend a networking event through the Career Services Center
- Attend a Graduate/Professional School information session/workshop

*Specific upcoming events and workshops will be posted to the NUCLEUS Sakai site

Completed LEAP Portfolios will be accepted on a rolling basis and reviewed at the end of each semester (Fall & Spring). Portfolios should be turned in to 118 Brown Lab or emailed as a PDF to nucleus-info@udel.edu
LEAP Portfolios should include: LEAP Event Tracking form, Academic Plan, and Reflection Paper.